



8. Unter-Tage-Sparkassen Marathon

Bürgman- Schacht, Sondershausen / 05.12.2009

Detailed evaluation

Vlassak, Wilbert

Club: Loopgroep Cranendonck
Number: 395

Course: 42.20 km
Marathon

Category:
Männer M30

Total time: 4:34:58

Speed: 9.16 km/h
Running performance: 6:31 min/km

Rank in course/Total: 116 (of 292)

Rank in course/Men: 111 (of 267)

Best time in course: 3:13:29

Rank in category: 15(of 24)

Best time in the category: 3:33:12

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total		Total min/km	Pos Cat.	Behind Cat.	Total ranking	
						Pos Men	Behind Men	km	Time				Pos Men	Behind Men
Lap 1	12.50	1:18:48	6:18	20	20:15	168	24:56	12.50	1:18:48	6:18	9	6:44	110	10:33
Lap 2	10.55	1:04:34	6:07	13	13:13	96	16:48	23.05	2:23:22	6:13	9	6:44	115	11:44
Lap 3	10.55	1:12:08	6:50	14	15:59	105	23:49	33.60	3:35:30	6:24	8	6:02	104	1:02:33
Last lap Finish	8.60	59:28	6:54	17	14:19	132	22:48	42.20	4:34:58	6:30	17	1:30:27	127	3:31:41